

Abstract

Background: Nurses working in specialized care departments suffer from the highest stress due to special events caused by the work environment and patients. Spiritual intelligence as the basis of individual beliefs plays a fundamental role in various areas of human life, especially mental health promotion and promotion..

Method: In this descriptive-analytical research, a quantitative randomized, quantitative random sampling method was used in a statistical society including 115 nurses in special departments with 3 demographic questionnaires, King's Spiritual Intelligence Questionnaire (with Cronbach's alpha coefficient of 89 / 0 and reliability coefficient through rehearsal test (0. 67 in Iran) and Cohen perceived stress questionnaire (reliability through Cronbach's alpha between 0.84 to 0.86 and validity using exploratory factor analysis and confirmatory factor analysis in Iran Verification has been done. Using descriptive indicators such as mean and standard deviation and test Linear regression and correlation data were analyzed.

Results Of the 115 nurses in this project, 13 (11.3%) were men with a mean age of 36.15 ± 6.5 and 102 (88.7%) women with an average age of 31.96 ± 5.56 years . 103 (89.6%) experts, the current service area was 57 (49.6%) ICU, the mean spiritual intelligence score was moderate (50.28 ± 14.35) and the mean perceptual stress score was moderate (96.9% 25.7 ± 5). Mean dimensions of spiritual intelligence included critical existential thinking (CET) 14.47 ± 4.94 , personal meaning creation (PMP) 12.39 ± 09.44 , mean transcendental consciousness (TA) 14.67 ± 4.67 , mean state expansion Awareness (CSE) was reported at 83.8 ± 8.3 . There was a reverse and significant relationship between spiritual intelligence and its subscales with perceived stress of nurses working in intensive care unit of university hospitals in Qazvin. Spiritual intelligence and variable level of education are defined as predictive variables for perceived stress with respect to the value of $p < 0.001$.

conclusion: According to the results of this study, increasing the level of spiritual intelligence is associated with a decrease in the level of perceived stress..

Key words: Spiritual, Intelligences, Spiritual Intelligence, Percieved stress, Intensive care unit, nurses